

Native American Heritage Month

Lecture Series 2010

Traditional Plants and Self-care



Wednesday, November 17th, 11:30am– 12:30pm
Jackson Federal Building, 915 2nd Ave., Room 440

Valerie Segrest, Muckleshoot tribal member, author, and native nutritionist from the Northwest Indian College. Come learn natural recipes, gifts from the Pacific Northwest plant people, to help revitalize your spirit.



Contemporary Native Art

Tuesday, November 23rd, 11:30am– 12:30pm
Old Federal Building, 909 1st Avenue, Room 135C

Linley B. Logan, Seneca Six Nations Iroquois Confederacy artist. Join us for an artist talk about his current exhibit at the Ethnic Heritage Art Gallery in the Seattle Municipal Tower.

Salish Sea Canoe Journey



Monday, November 29th, 1pm– 2pm
Old Federal Building, 909 1st Avenue, Room 135C

Aurelia Washington, Swinomish tribal member and Coordinator of the 2011 Canoe Journey. Come learn about the history and planning for the Pacific Northwest Canoe Journey.



Sponsored by Seattle Federal Executive Board and U.S. Department of Housing and Urban Development